

man raam naam aaraaDhi-aa gur sabad guroo gur kay

raag <u>u</u> shl mhl 4 Gru1 (731-7)	raag soohee mehlaa 4 <u>ghar</u> 1	Raag Soohee, Fourth Mehl, First House:
min rwm nwmuAurwiDAw gir sbid girUgir ky]	man raam naam aaraa <u>Dhi</u> -aa gur sabad guroo gur kay.	My mind worships and adores the Lord's Name, through the Guru, and the Word of the Guru's Shabad.
siB ieCw min qin plhA w sBu ckw fruj m ky]1]	sab <u>h</u> ichhaa man tan pooree-aa sab <u>h</u> chookaa dar jam kay. 1	All the desires of my mind and body have been fulfilled; all fear of death has been dispelled. 1
myr mn gx gwvhu rwm nwm hir ky]	mayray man gun gaavhu raam naam har kay.	O my mind, sing the Glorious Praises of the Lord's Name.
gir qitY mnu prbiDAw hir plAw rsu gtky]1] rhau]	gur tuthai man parbo <u>Dhi</u> -aa har pee-aa ras gatkay. 1 rahaa-o.	And when the Guru is pleased and satisfied, the mind is instructed; it then joyfully drinks in the subtle essence of the Lord. 1 Pause
sqstiq alhm siqgur kyr gin gwvhir pB ky]	satsangat ootam satgur kayree gun gaavai har parab <u>h</u> kay.	The Sat Sangat, the True Congregation of the True Guru, is sublime and exalted. They sing the Glorious Praises of the Lord God.
hir ikrpw Dwir myl husqsstiq hm Dwh pg j n ky]2]	har kirpaa <u>D</u> haar maylhu satsangat ham <u>D</u> hovah pag jan kay. 2	Bless me with Your Mercy, Lord, and unite me with the Sat Sangat; I wash the feet of Your humble servants. 2
rwm nwmu sBu hY rwm nwmw rsu girmiq rsu rsky]	raam naam sab <u>h</u> hai raam naamaa ras gurmat ras raskay.	The Lord's Name is all. The Lord's Name is the essence of the Guru's Teachings, the juice, the sweetness of it.
hir Alimku hir j l upwieAw sB l wQl iqs iqs ky]3]	har amrit har jal paa-i-aa sab <u>h</u> laathee tis tis kay. 3	I have found the Ambrosial Nectar, the Divine Water of the Lord's Name, and all my thirst for it is quenched. 3
hmrl j wiq piwq gurusiqgur hm vjcE isru gir ky]	hamree jaat paat gur satgur ham vaychi-o sir gur kay.	The Guru, the True Guru, is my social status and honor; I have sold my head to the Guru.
j n nwnk nwmu pirE gir cy w gir rwKhu l wj j n ky]4]1]	jan naanak naam pari-o gur chaylaa gur raak <u>h</u> o laaj jan kay. 4 1	Servant Nanak is called the chaylaa, the disciple of the Guru; O Guru, save the honor of Your servant. 4 1